



January/February 2016

Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

Nationally Accredited since 2005

15C North Granby Road Granby, CT 06035 ▪ (860) 844-5352

Accredited by 
National Institute of
Senior Centers

Try Something New in 2016

Start the new year by trying something different. If you have ever been too busy to try one of our many events or programs, resolve this year to try something new!

We offer Reiki and Chair Massage, numerous trips and events. We have a new Hearing Clinic the first Thursday of each month. This is the perfect time to join an exercise class to keep you fit and strong to avoid falls during slick weather.

Browse the newsletter for something that suits you and explore!



Fraud Prevention Workshop

Thursday January 28th 1pm-2pm

Please come and learn how to protect yourselves from various scams that are currently targeting the Granby senior population. We will be discussing Tele-

phone Fraud, Mail Fraud and Internet Fraud to name just a few. After attending this very informative workshop you will be better prepared on how to avoid becoming a victim of Fraud in today's society. Please register by calling the Granby Senior Center 860-844-5352. FREE



Fanciful Flights Craft

**Monday, January 25 at
10:00 am**

Regional artist and creator of Fanciful Flights, Karen Rossi, will host this fun, interactive workshop where you will create your own ornament.

Keep it for yourself or make it to give to a friend to brighten their day. Cost is \$15, includes all materials. Please register as class size is limited.

AARP Tax Assistance By appointment on Tuesdays and Wednesdays beginning February 17

AARP Tax-Aide is the nation's largest **free**, tax assistance and preparation service. These trained volunteer professionals will assist those 60 years and over with form 1040 and the standard schedules, including A and B. Electronic filing is available. Call 860-844-5352 for an appointment.



Special Guest Poet Reading

Saturday, February 6 at 2:00 pm

Local story-teller and poet, David Mello, has been busy developing his craft and is prepared to share it with us. David has worked with our own Senior Voices instructor, Andy Weil, and has a wonderful program planned. Light refreshments will be served. There is no cost, however, please register by calling 860-844-5352.

Information

Senior Center Staff

Sandra Yost, Director.....860-844-5351
Marisa DeLuca, Program Assistant... 860-844-5352
Sandra Flagg, Meal Preparer.....860-844-5350
Cindy Girolamo, Van Driver.....860-844-5353
Bob Lesko, Van Driver.....860-844-5353
Trish Tappenden, Admin. Assistant...860-844-5350
Hours.....Monday-Friday 9:00 AM to 4:00 PM
Email..... senior@granby-ct.gov
Website..... www.granby-ct.gov

(click Town Departments and Senior Services)

Senior Center Membership & Van Card

Annual membership is \$5 for Granby residents;
\$10 out-of-town friends. Van service available to
Granby seniors. Annual fee is \$10.

Mission Statement

The mission of the Granby Senior Center is to
empower older adults to live full, independent lives
by providing leadership on aging issues and
enhancing the social, physical and educational well
being for each participating individual.

Monthly Meetings

*Mark your calendar and don't miss out on
these great clubs!*

Camera Club

First Monday of the month at 7:00 PM
Annual membership is \$10

Civic Club

Third Thursday of the month at 1:00 PM

Civic Engagement Team

Second Thursday of the month at 9:30 AM

Senior Club

First Thursday of the month at 12:30 PM

Men's Breakfast

Second Friday of the month at 8:30 AM

Women's Breakfast

First Wednesday of the month at 8:30 AM

Ongoing Center Activities

Mondays:

- Morning Coffee at 8:30 AM
- Mexican Train: a domino game at 9:45 AM

Tuesdays:

- Community Café at noon. Reservations required.
Suggested donation \$2.50
- Setback at 2:30 PM

Wednesdays:

- Artists' Group at 9:00 AM

Thursdays:

- Needle workers at 10:00 AM
- Community Café at noon. Reservations required.
Suggested donation \$2.50

Fridays:

- Beading at 9:30 AM

Services

Commission on Aging

January 11th & February 8th at 1:30 PM

Drop by a *Commission on Aging* meeting to listen or
participate in engaging discussion about the ongoing
and ever-changing needs and goals meeting
Granby's aging population.

Durable Medical Equipment Loaner Closet

(Program funded in part by NCAAA, Inc.)

Donate and/or borrow gently used wheelchairs,
walkers, canes, tub seats, etc. Created and staffed
by the Civic Engagement Team, the Closet is
accessed by appointment only. Call 860-844-5352.

CHOICES Counseling (Program funded by NCAAA, Inc.)

Third Wednesday by appointment

Do you need help in understanding Medicare and its
supplements? Our counselor will help you weigh the
medical plan options to find the right plan for your needs.

Volunteer



Helping Hands Needed Wednesday January 13 Anytime between 9am—3pm

We will be sewing for women in need of sanitary products around the world. For our project to be a success we are looking for both sewers and non-sewers to volunteer their help.

Please join us for an amazing cause *Days for Girls Internationally* (www.daysforgirls.org). Imagine what it would be like not to have sanitary products when we needed them. Many girls and women live where they must miss as much as a week of school or work wages, forced to stay home, in a shed, isolated in a field using corn husks, old newspapers and rags. Please help us make a positive difference for others in need.

To learn more please call Josie Klein at 860-653-5752 or email josiklein@sbcglobal.net.

Tool Time Volunteer Program Coming this Spring!

There are times when we can use a helping hand, especially around the yard and/or house. This new program matches needs and volunteers to get the job done.

If you have a skill or interest, give us a call so we can make the match! 860-844-5352.

Civic Engagement Team

Put your talents and skills to use. This Team identifies a community need, develops a plan to address the need, and carries out the plan to completion. It is a way to make a lasting, valuable contribution to our community. Call 860-844-5352 to find out more.



Workshops

Fighting Medicare Fraud Patrol

by appointment

In an effort to assist Medicare recipients in protecting themselves against Medicare fraud and abuse, SMP volunteers Dallas Dawley Savard and Nancy Dyer will offer sessions in a private setting to help those who may feel that they are a victim of Medicare fraud and abuse. Please call 860-844-5350.

Ask the Doctor with Dr. Peter Barwick
January 4 and February 8 at 10:00 AM
Current health topic driven discussions are facilitated by Dr. Barwick.

Ask the Attorney with Kraner & Hess
First Wednesday of the month at 10:00 AM
Specializing in Elder Law. Please call for an appointment. 860-844-5352 **FREE**



**Senior Voices
Expressing Yourself
Through Poetry
Second and fourth Tuesday
at 2:30 PM**

This class is led by local poet, Andrew Weil. Learn to turn your thoughts into poetry. *Cost is \$36 for 6 class session.* Call to register.

Conversational Spanish

with Fred Kahlman

Thursdays at 7:00 PM

For anyone who would like to practice their spoken Spanish in a conversation group setting. The goals are to help you express yourself in Spanish and to learn more about Spanish culture.

This is a *free* drop in program.



Health and Wellness

Wellness Clinics

Hearing Clinic

First Thursday of every month

Appointments beginning at 9:30 AM

Dr. Christine DiRienzo A.U.D and her team will be offering hearing testing, wax removal and hearing aide cleanings all FREE!

Foot Care Clinic with Pedi-Care

Appointments beginning at 8:30 AM

A specially trained nurse performs assessment of the feet and lower extremities, trimming, filing and cleaning of nails. Call 860-844-5352. *Cost is \$29. (not covered by insurance).*

Dental Care Clinic

Appointments beginning at 9:30 AM

Licensed dental hygienist provides complete dental cleaning. *Cost is \$70.*



FREE Blood Pressure Checks

Every Thursday 11:00 AM - 12:30 PM

Courtesy of the Farmington Valley Visiting Nurses Association. Held in the Senior Center Community Room.

Meditation Workshop

Mondays at 10:15 AM

Join us for 45 minute sessions to experience its benefits. Sponsored by MeadowBrook of Granby.

Chair Massage with Bev Harris

First, third and fifth Tuesday of the month by appointment *15 minute massage is \$10.*

Reiki with Tannia Hotchkiss

Second & fourth Tuesday of the month

by appointment Reiki treatment is believed to aid in reducing stress and anxiety. *Half hour session is \$20.*

Support

On Grief and Loss

Second and fourth Wednesday at 2:30 PM



Through discussion this group will help you in understanding and coping with grief. You will find support, information and strategies for helping you with the grieving process. Led by Jane Johnson, creator of *Bryan's Landing* and the *Our Children's Garden* in Salmon Brook Park.

Grandparent Group

All Thursdays at Noon; except the Second Thursday of month at 7:00 PM

A group for grandparents who are raising their grandchildren. Join others, like yourself, to share friendships, ideas, and tips on being a parent again. *FREE* (Program funded in part by NCAAA, Inc.)

MS Support Group

Second & fourth Monday 1:00 pm

Self help group for persons with Multiple Sclerosis and their caregivers.



Alzheimer's Support Group

Third Tuesday of the month at 10:00 AM

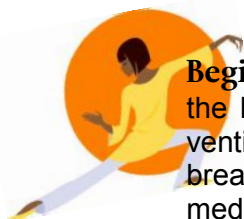
We offer a variety of support and educational Alzheimer's groups to accommodate the growing need for information, education and community support.

Healthy Minds by appointment

Situations such as the death of a loved one, failing health or strained family relationships can be daunting to face alone. Working with Colleen Golnik, Marriage and Family Therapist, may help you move forward with the better part of life. Call 860-844-5352 to schedule a confidential appointment. *Suggested donation: \$20 per session, free for those who qualify.* Program funded in part by NCAAA, Inc.)

Fitness for All

Monday



Beginning Tai Chi at 9:00 AM—One of the best exercises for balance and fall prevention, Tai Chi provides concentrated breathing, balance, postural alignment and meditation in a relaxed atmosphere. Instructor Judy Laiuppa.

Smart Moves at 11:15 AM—Primarily chair-based, this class offers individuals with joint concerns a gentle yet powerful way to increase joint mobility and range of motion. Need a greater challenge? Take the Advanced class on Wednesdays. Instructor Paula Pirog.

Cardio & Strength at 4:30 PM—Combination of aerobics and strength training to give you a total body workout. Instructor Mary Fuller.

Tuesday

Basic Training for Men 8:30 AM

Muscle Work for Women 9:30 AM

Use hand-held weights, medicine balls and resistance bands to increase muscle tone and build stamina. Instructor, Jen Dzielak

Chair Yoga at 2:30 PM

Enhanced breathing, increased blood flow, reduced tension and better posture are achieved through the various yoga poses.

Great for those with limited mobility!

Yoga at 4:30 PM

Thoughtful breathing and controlled postures. Instructor Paula Pirog.



Wednesday

Advanced Smart Moves at 11:00 AM—For those who are up for a bit of a challenge. Advanced Smart Moves with Mary Fuller will get your heart pumping.

Full Body Workout at 4:30 PM—As the name implies this class is designed with a combination of aerobics and strength with more muscle work with weights. Instructor, Melissa Lechak.

Thursday

Pilates at 4:30 PM—Pilates develops much of what exercisers need—strength, flexibility, muscular endurance, coordination, balance, and good posture. The discipline emphasizes correct form instead of going for the burn, though not for the faint hearted. Instructor Mary Fuller.

Friday

Advanced Tai Chi at 9:00 AM

The name says it all. Those who wish to take Advanced Tai Chi should speak with Instructor Judy Laiuppa.

Cardio Combo at 10:15 AM

Quicker pace and more aerobics. Instructor Mary Fuller.



Sunday

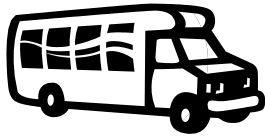
Peak at 8:00 AM For the weekend warrior! Vigorous aerobics and weights. Instructor, Jennifer Dzielak.

Cost: Cash or Checks accepted. (Checks payable to the *Town of Granby*.)

Drop-in rate is \$8. Discounts apply when purchasing a “session” of classes. Session rates are \$6/class for Granby residents and \$7/class for non-Granby residents.

Exercise Class Guidelines: Choose the right class level. *We can help!*

Bring water. Wear sneakers and comfortable clothing. Use an exercise mat for floor work.



Granby Senior Van Service

Call **860-844-5353** to schedule your appointments.

Schedule:

The Senior Vans operate Monday through Friday from 9:00 AM - 4:00 PM

Mondays and Thursdays

Granby Center errands (pharmacy, bank and post office) and grocery shopping trips

Tuesdays and Thursdays

Community Café at the Senior Center

Daily (with advanced reservations only)

Personal care appointments (doctor visits, etc)

Out of town medical appointments may be made no earlier than 9:30 AM and no later than 2:00 PM.

Transportation Action Program (TAP)

Volunteer drivers offer free medical appointment transport. Call **860-264-6131** to leave a message.

Shopping Trips: \$3 each trip

Enfield Mall & Walmart

Wednesday, January 6th at 9:30 AM

Friday February 5th at 9:30 AM

Ocean State Job Lot/Big Y in Southwick

Tuesday January 5th at 1:30 PM

Tuesday February 2nd at 1:30 PM

Stew Leonards/FootPrints and Lunch

Friday January 15th at 9:15 AM

Ingleside Mall, Holyoke, MA

Friday January 29th at 9:30 AM

Taste of The Valley: \$3 Each Trip

J & G's, January 25th at noon

Han's, February 22nd at noon

Social Services

The focus of the **Social Services Department** is to coordinate existing federal, state, regional and local services, to increase community awareness of these services and to develop new programs to meet the needs of Granby residents. Call 860-844-5350.

Fuel Assistance Programs

Community Renewal Team/Connecticut Energy Assistance Program (CEAP). Each year, during the winter months, help is available to Granby households to pay for heating fuel in the form of oil, gas, or electric heat. To qualify you must provide proof of the total income and assets for your entire household which must not exceed the income and asset limits for the program. Call the office for eligibility screening. Please bring all paperwork that applies to your household. Processing will be delayed if necessary paperwork is missing.

Granby Emergency Fuel Bank. Call office for additional information and eligibility screening. The Granby Emergency Fuel Bank is funded **solely** by

donations and gifts from the community. If you wish to donate, please make checks payable to the *Town Granby of Local Assistance Fund* with a notation that is intended for the Fuel Bank and mail to the Granby Social Services Dept., 15C North Granby Rd, Granby, CT 06035.

Did you know? Call 211 Infoline for community services.

The *211 Infoline* service helps you find answers to life's toughest questions. Find information, resources, discover options, deal with a crisis or learn where to donate food, clothing, toys, furniture and books. "211" is free and confidential 24 hour a day helpline. The *211 Infoline* is a partnership of Connecticut United Way and the State of CT.

Excursions



PLEASE NOTE: Registration requires up-to-date membership and van dues.

Ralph Nader Tort Museum / Collinsville Antiques

Wednesday January 13th departing at 10am

Ralph Nader Tort Museum just opened in the Fall of 2015 in Winsted which is his home town. We will visit the museum with a private tour then we will have lunch at *Monaco's Restaurant*, which is known for their authentic Italian food. Following lunch we will make our final stop at The Collinsville Antique Shop which has a show room and *The Cruisin Café*. Cost \$8 and lunch is on your own.

New Britain Museum of Industry & Trader Joe's

Wednesday January 20th (snow date Friday 1/22)

Departing at 9:30am

First a visit to the past when New Britain was a power house of manufacturing during Connecticut's industrial golden age. Then just add a few calories at the *East Side German Restaurant*, finally a brief stop at Trader Joe's to stock up on some well priced food specialties. Cost \$3 and lunch is on your own.

Glastonbury and Max Fish

Wednesday January 27th (snow date 1/29)

Departing at 10am

Some "light" shopping, followed by a visit to *Max Fish*. This is one of the Max group's premiere restaurants, followed by a leisurely ride home to enjoy the winter landscape. Cost \$4 and lunch is on your own.

Vintage Radio and Communication Museum

Wednesday February 10th departing at 10:30am

A guided tour through a fascinating collection from the development of modern communication and electronic media. Lunch at *Nat Hayden's* in Windsor. Cost \$3 and lunch is on your own.

Peter Greenwood Glass Blowing

Wednesday February 3rd departing at 10am

Believe it or not it is easy to make a glass flower or paperweight. Instructors will guide you through a hands on experience twisting and pulling molten glass, you will be amazed by your colorful sculpted creation. Cost of trip \$51. Lunch on your own at *Sweet Peas Restaurant* in Riverton CT.

The Coach Stop

Wednesday February 17th departing at 11am

Enjoy lunch at a local historic landmark, that has been recently restored. Word has it you will not be disappointed. Following will be a leisurely drive home. Cost \$3 and lunch is on your own.

Olde Farm Bistro & Wethersfield Craft Center

Friday February 19th departing at 10:30am

Lunch in an "olde" but not drafty barn adjacent to the Ranch Golf Course in Southwick followed by a winter country ride and trinkets and baked goods at a general store. Cost \$3

For your Safety

Please remember the following:

- * Pathways and driveways must be clear of snow and ice.
- * Van service is cancelled in the event of dangerous road conditions.
- * Seat belt use is required on vans.



Inclement Weather Policy

In the event of inclement weather, you may tune in to WFSB Channel 3 for closing information. Should the Granby Public Schools close due to a weather event, the Senior Center will cancel all scheduled trips, classes and activities.

Registration for trips begins January 4th. Call 860-844-5352. Please, no group registrations.

Center Life
Town of Granby
Senior Center
Granby, CT 06035



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Delivery by January 1, 2016

The Senior Center is conveniently located within the Municipal Complex at:
15C North Granby Road, Granby, CT 06035 Tel. 860-844-5352

Your comments, suggestions, and feedback are always welcome.
Please call Marisa at 860-844-5352 or email: senior@granby-ct.gov

The Senior Center will be closed on
January 18, 2016: Martin Luther King, Jr. Day
February 15, 2016: President's Day